

P-14,991

Sent: Wednesday, August 09, 2006 2:44 PM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77 WIC Food Pkg. Rules

I am emailing to make a suggestion on change for the WIC Food Program.

As a Foster Mom I would like to see "Yogurt" added for children. I always end up just buying it because my kids always like it. They like all the different kinds. Why not a little Choc milk - is that so bad?

P-2 14,992

Sent: Friday, August 11, 2006 3:07 PM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

i believe you SHOULD add more food to the WIC program. Especially whole grains, but maybe include more hot cereals that are whole grain. And maybe u could add some produce on there, such as veggies. Also i would like it i u could add more brands of juice because i cant always find the flavor i like in the Juicy Juice Brand and alot of places dont carry it. Thank you for taking the time to read my email. Please take my ideas in to consideration.

Sincerly,

I MAKE MILK.....WHATS YOUR SUPERPOWER?!

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Tuesday, August 08, 2006 2:45 PM  
AGSEC  
Question from USDA.gov-- null - 1155062732109

Good Afternoon.

I 'just wanted to let you know that I think that it is wonderful that you are considering adding bread, fruits, and vegetables to the WIC program. As a participant, I feel that this would be a great change. It can be very hard to feed your children healthy foods when income does not allow that to happen. There are two things that do have me concerned. I feel that cutting the milk and juice in half will not be beneficial. What else are they supposed to drink if milk and juice are not available? Water, which has no nutritional value at all? Also, it really disappoints me to see that costs are being cut at the children's expense. As a parent I'm more concerned that my children eat, not me. It is all about the children. My opinion for a solution to both those issues is this: increase the overall aost. There are so many people who depend on this assistance, including myself, why cut foods and drinks out when you should simply add them in. You're helping to feed the poor. Please don't forget that. I really hope that my opinion and the opinion of others will affect the outcome of this decision. Thank you for letting me express myself. Have a great day!

OFFICE OF THE EXECUTIVE  
SECRETARIAT, USDA

P-4 14,994

From: WebMaster@fns.usda.gov  
Sent: Friday, August 18, 2006 8:54 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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CITY: Plymouth  
STATE: MA  
ORGANIZATION:  
CATEGORY: Participant/Recipient  
OtherCategory:  
Date: August 18, 2006  
Time: 08:54:03 AM

'COMMENTS:

I think this is a wonderful idea. I strive for my kids to eat as healthy as possible, but sometimes a lot of times I just don't have the money to afford fruits and veggies, so this will be a wonderful way to assure that underprivileged kids can get the good nutrients that they need!

P-5 14,995

From: WebMaster@fns.usda.gov  
Sent: Friday, August 18, 2006 4:55 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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CITY: webster  
STATE: ny  
ORGANIZATION:  
CATEGORY: Participant/Recipient  
OtherCategory:  
Date: August 18, 2006  
Time: 04:54:40 PM

COMMENTS:

i feel that fruits/vegetables and whole wheat products would be beneficial to all participants and feel this should be included in the packages



P-6 14,996

Sent: Monday, August 21, 2006 2:24 AM  
To: WICHQ-SFPD  
Subject: WIC food packages rule

As a current participant in WIC I thought it might be helpful to hear my thoughts about your program. I am on your program because my husband is currently unemployed and by the time the new rule kicks in I will probably no longer be on WIC. I am also on your program because I am a finicky lousy eater. This puts me at a nutritional risk I suppose, but I am not uneducated or unintelligent but the way the program is set up right now it certainly makes you feel kind of sub-human. The brochure phrases things like you can, you cannot and the lack of choices are really silly. If I don't care for milk but I do eat yogurt that should be my choice as long as I keep it under a certain budget. If you wish participants to choose a healthy low-sugar cereal than state that it must be under a certain amount of grams of sugar instead of spelling out the name of the cereal. If I prefer organic tomatoes and they are closely priced to conventional ones why must I eat those that were sprayed with bug spray? If I prefer my milk without hormones or steroids especially since I'm breastfeeding a baby shouldn't I be allowed to choose the milk that I feel is the best for me and my baby? This can all be done at current price levels because to tell you the truth I always have quite a few leftover coupons each month and most of the time don't even buy the full price of the voucher checks. I think the best thing would be to let people choose dairy, whole grains, fruit and vegetables, protein and set a monthly budget and allow one to decide whether it ought to be organic or not.

Thank you for giving me the opportunity to share my thoughts with you.

P-7 14,991

From: WebMaster@fns.usda.gov  
Sent: Thursday, August 24, 2006 12:30 AM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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CITY: Kelso  
STATE: WA  
ORGANIZATION:  
CATEGORY: Participant/Recipient  
OtherCategory:  
Date: August 24, 2006  
Time: 12:29:50 AM

COMMENTS:

I have a mom to two children that have received WIC in Washington. Both of my children are lactose-intollerant and one is peanut and milk-allergic. I stronly urge you to include soy products in available choices. Our use of WIC products was very limited due my children's limitations. Also, when we lived in Oregon I was not able to purchase Lactose-free milk; therefore, we could not use the milk, cheese or peanut butter.

In my field I work with many parents on welfare. I have found many parents with children exhibiting dairy sensitivity. I believe WIC could better support children's nutritional needs by emphasising alternate sources of calcium that are better absorbed in the system and provide a wide array of beneficial factors (such as broccoli).

P-8 14,998

From: WebMaster@fns.usda.gov  
Sent: Tuesday, August 29, 2006 11:55 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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CITY: Spanish Fork  
STATE: Utah  
ORGANIZATION:  
CATEGORY: Participant/Recipient  
OtherCategory:  
Date: August 29, 2006  
Time: 11:55:09 PM

COMMENTS:

Hooray! I am a WIC participant and am excited about many of the proposed changes. I am most excited about the following changes:

- addition of soy-based beverages and tofu as an appropriate substitution for milk
- addition of fresh, frozen, and canned **fruits** and vegetables without added sugars, fats, or oils
- canned salmon
- **fruits** and vegetables for infants
- whole grains (breads and other whole grains)
- a decrease in the amount of milk, juice and eggs provided.

I would also like to see the following addressed:

- if protein is no longer a priority nutrient, why are eggs still provided?
- Why is "natural" peanut butter (no sugar or oils added) not an approved item? It seems as if cereal is well regulated (<6 grams of added sugars), yet there is no stipulation on peanut butter. I would like to see this type of peanut butter added to the approved list.
- I am disappointed that whole milk is required for children ages 12 - 23 months. Most children do not need more saturated fat in their diet.
- I would **enourage** deleting or more seriously reducing the items that most people would buy **anyways** (even without the WIC program). For example, most people would buy milk, even if it were not on the WIC vouchers. Most people would also buy eggs, juice, and probably cereal. However, for those on limited incomes, an increase in the amount of **fruits** and vegetables they could purchase on WIC would greatly increase the amount consumed. I would suggest **further** reducing the milk, eggs, juice, or cereal allowances to allow for \$10/\$8 (or more) of fresh, frozen, or canned **fruits** and vegetables, instead of the proposed \$8/\$6.



My final comment would be to insure that individual states have the motivation and ability to enact the proposed changes. I fear that if some of the changes are suggested to states but not enforced, the states will choose not to implement them.

Thank you for your consideration of my suggestions.

P-8 14,999

Sent: Monday, September 11, 2006 4:44 PM

To: WICHQ-SFPD

Subject: Docket ID# 0584-AD77 WIC Food Packages Rule

I think the proposed changes to the WIC packages are wonderful. I received WIC for myself while I was pregnant and then breastfeeding for the first year. My son now receives WIC. I love that fresh fruits and vegetables are being added along with bread. I am especially happy about the substitutions for milk and bread. My daughter could not drink milk when she was young due to accumulating mucus in her sinuses which would drain into her ears and cause ear infections. This is not usually considered; usually only lactose intolerance is mentioned when discussing why there should be milk substitutions.

I am very happy with the proposed changes.

P-10 15,000

From: WebMaster@fns.usda.gov  
Sent: Tuesday, September 12, 2006 5:09 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-ProposedRule

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CITY: Taholah  
STATE: WA  
ORGANIZATION: Quinault Indian Nation  
CATEGORY: Participant/Recipient  
OtherCategory:  
Date: September 12, 2006  
Time: 05:08:51 PM

COMMENTS:

I think that this idea about adding different products is great and gives a better variety! I even think that yogurt would be a good one to add too! I love the idea! Maybe cut back on the peanut butter, I know I am over loaded on peanut butter!!!! Love the **idean** though! I am for it!!!

P-11 15,001

From: WebMaster@fns.usda.gov  
Sent: Saturday, September 16, 2006 9:28 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-ProposedRule

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CITY: dunbat  
STATE: pa  
ORGANIZATION: mother of 3  
CATEGORY: Participant/Recipient  
OtherCategory:  
Date: September 16, 2006  
Time: 09:27:59 PM

COMMENTS:

Absolutely wonderful!!!! I've been **worried** about all the fat in peanutbutter, and honestly juicy juice down right is not allowed in my house! I do wish we could get egg substitute...heart problems, cancer, diabeties, and obesity run **rampid** in my side of the family and I want to teach my kids better eating habits than I ever knew existed, unfortunately being in the poverty level we are somewhat stuck, even the food bank is rarely graced with more than a few healthy fruits and veggies. These little changes will have a huge impact on our family and I thank you for that!



P-12 15,002

From: WebMaster@fhs.usda.gov  
Sent: Thursday, September 21, 2006 2:53 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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CITY: Sann Diego  
STATE: Ca  
ORGANIZATION:  
**CATEGORY :** WICParticipant/Recipient  
OtherCategory:  
Date: September 21, 2006  
Time: 02:52:35 PM

COMMENTS:

I think these are all very good changes. However I do have one concern regarding only allowing families to get **2%** fat or less milk because some families have children that won't drink less fat milk because it does not taste the same. There are also pregnant and breastfeeding mothers who cannot drink 2% or less milk. We should still be able to decide how fat content we would like in the milk that we **drink**.

P-15,003

From: WebMaster@fns.usda.gov  
Sent: Friday, September 22, 2006 4:35 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

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CITY: Towson  
STATE: MD  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: September 22, 2006  
Time: 04:34:44 PM

COMMENTS:

Please consider substituting REAL food, such as fruit, instead of juice. Juice has been linked to a plethora of terribly unhealthy conditions, such as obesity and dental caries. Why encourage unhealthy practices? I always get my granddaughter V-8, which is the best I can get from what is allowed. Personally, I think all sweetened cereals should be eliminated and you need to add the whole-grain common-sense old-fashioned oatmeal (not in the expensive little packets!) Frozen or canned peas or lima beans would make sense, too, rather than dried beans, as a protein. Thanks.

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P-14 15,004

Sent: Saturday, September 23, 2006 2:04 AM

To: WICHQ-SFPD

Subject: Docket ID Number 0584-AD77, WIC Food Packages Rule

To whom it may concern:

I support the adding of fresh fruit, baby food, canned beans, and whole wheat bread to the WIC program. I also agree with the decrease of eggs, milk, and juice, if the participant does not need it. WIC is a wonderful program that is very beneficial to me and my family, and I hope that my comments have been helpful.

Thank you.

Wahiawa, HI

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P-15,005

From: Travis Shell [tshell20@cableone.net]  
Sent: Sunday, September 24, 2006 7:27 AM  
To: WICHQ-SFPD  
Subject: 0584-AD77, WIC Food Packages Rule

As a participant in the **Oregon Wic** program I am pleased to see additional foods being considered. I have long wished for the ability to purchase beans in cans instead of dried. Because of the difficulty preparing them and time issues I never buy them. I also ~~am~~ glad you are thinking of adding **fresh** fruits and vegetables. I hope you include these things in all food packages and not just in the pregnant and **nursing packages**. Wic helps my family be able to provide healthy full balanced meals for my children with these changes I would be better able to give my kids more of the recommended healthy foods that I **usually** cant afford alot of. The whole wheat bread is also a wonderful consideration. As ~~far~~ as the reductions go, the eggs are a reasonable reduction. I use about 3 dozen eggs a month **for** my family, but I receive almost twice that. I always use them up, but probably don't need as many'as I get. The milk is ok also as long **as** it doesn't go down to much, with 5 kids I use all of the milk I receive. We could conserve some and use a gallon or two less a month, but much more would not be good. **As** for the juice though, I feel we **get** just the right amount. I use not only **fruit** juices but also the vegetable juice not only for drinking but also food preparation, please do not lower the amount of juice. The other consideration that would be **helpful** would be if you looked into the cereal. The new rules affecting cereal make it difficult to get the best buy. There used to be a large selection of cereals which have been significantly reduced making it difficult in smaller markets to have much of a selection, and they used to allow you to get any size of cereal so that you could more efficiently use your 36 **oz** of cereal. Now you have to buy only 12 **Oz** or larger and some cereals on the **wic** list only come in small boxes....such as **kix-9oz**. Larger stores carry a greater assortment, but I live in a small rural town where my local market carries a limited number of cereals, brands, and sizes. They carry rice chex, but unlike any of the other chex cereals you cannot purchase rice chex western family, which is the **only** brand they carry. They only carry **9oz** boxes of kix so I am unable to ever purchase rice chex or **kix** unless I travel to another city to get my **wic**. The program is excellent without it my kids would not get anything near what they need on my very limited food budget. Thank you for offering it and I truly am happy to get anything you offer, but please continue to consider these changes that will offer families like my own to give their kids a better nutritional start. Thank you



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P-1615,000

From: WebMaster@fns.usda.gov  
Sent: Wednesday, September 27, 2006 7:32 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-ProposedRule

CITY: San Diego  
STATE: California  
ORGANIZATION:  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: September 27, 2006  
Time: 07:31:59 PM

COMMENTS:

Would really love for Wic to offer soy products for children or woman who can not tolerate dairy.

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P-18 15,007

Sent: Monday, October 02, 2006 2:17 PM

To: WICHQ-SFPD

Subject: comments on plan to update WIC Foods

Aloha,

My two children and I are currently WIC participants and I have been a participant with WIC before with my other children as well. I think many of the recommended additions I've read are good; the **fresh fruits** and vegetables, the whole wheat bread, etc. I especially like the recommendations of calcium and vitamin D-rich soy beverage as a milk alternative. I have become aware of the many problems associated with consuming cows milk and have cut way back on redeeming it for my family. I would completely switch over to soy milk if I could. Also the recommendation of canned fish choices (salmon, sardines) is very good since canned tuna is said to have mercury in it. I would still like the choice of dried verses canned legumes, since I get more beans per pound with the dried.

I'm looking forward to these additions becoming official.

P-20 15,008

From: WebMaster@fhs.usda.gov [mailto:WebMaster@fhs.usda.gov]  
Sent: Friday, August 18, 2006 10:27 AM  
To: WICHQ-SFPD  
Subject: DiscretionaryVendorProvisionsProposedRule

CITY: DAYTON  
STATE: OHIO  
ORGANIZATION:  
CATEGORY: PARTICPANTRECIPIENT  
OTHERCATEGORY:  
Date: **August** 18, 2006  
Time: 10:27:08 AM

GENERALCOMMENTS:

I FEEL OUR CHILDREN THESE DAYS ARE NOT EATING HEALTHY AND THIS IS WHY SO MANY ARE OBESE. WE NEED TO BE ABLE TO PURCHASE FRUITS AND VEGETABLES NOT JUST JUICE. JUICE IS HIGH IN SUGAR AND CAN MAKE CHILDREN GAIN MORE IF CONSUMED ALOT. I WOULD MUCH RATHER GIVE MY CHILDREN AN APPLE OR BANANA THAN SOME JUICE. SO GIVING US A VOUCHER FOR REAL FRUIT AND VEGETABLES IS A GREAT IDEA. IS THERE REALLY A PRICE WE CAN PUT ON OUR CHILDREN'S HEALTH OR FUTURE?

P-21 15,009

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From: WebMaster@fhs.usda.gov  
Sent: Tuesday, October 03, 2006 5:58 PM  
To: WICHQ-SFPD  
Subject: RevisionstoWICFoodPackages-Proposed Rule

CITY: Haiku  
STATE: Hawaii  
ORGANIZATION: PATCH (People Attentive To Children)  
CATEGORY: WICParticipant/Recipient  
OtherCategory:  
Date: October 03, 2006  
Time: 05:58:23 PM

COMMENTS:

I **am** absolutely delighted with the proposed changes to the WIC Food Program Packages. The changes reflect more insight and understanding regarding better nutrition options than what has been offered thus far. I **am** especially grateful for the **soymilk** options and less bottles "juice" proposals, as well as the inclusion of the far-superior FRESH **fruits** and vegetable options. God bless you for making a **meaningful** move towards improved health and nutrition for women, infants, and children. It truly is "time for a change."  
Much aloha and appreciation, - mother of 7 and licensed **family** childcare provider.



P-24 15,010

Sent: Thursday, October 05, 2006 4:43 PM  
Subject: 0584-AD77, WIC

Dear People,

I wholeheartedly support the proposed revision of the food packages for children 1-5 years old (I have not read the others). I am a foster parent and relatively new to WIC. I find the 4 plus gallons of milk and 2 pounds of cheese, 2-dozen eggs, and 6 containers of frozen juice to be excessive. I support the option of **canned** beans because cooking dried beans is time-consuming **and** often difficult with **c h i l d .** I have been concerned about the sugared cereal choices and **am** happy with the change "whole grain" cereals. And finally, how wonderful to **finally** include **fruits**, vegetables, and other whole grains (beside cereal)! As a primarily **ovo-lacto-vegetarian** family we eat many **fruits** and vegetables and I would like to see even more than \$6 allotted **to** them.

**Thank** you for considering the health of our nation's neediest children,